

IL Fri: Alle tiders beste utendørs - 1929-2020**1500m hinder menn senior (6:00.00/6:00.0)**

4:26.2	(4)J	Hein Rune Skjoldal	(48)	Kristiansand	04.08.1968
4:46.8	(4)J	Kjell Morken	(48)	Odda	02.09.1967
4:48.8	(5)J	Jan Magne Skjoldal	(50)	Odda	02.09.1967

2000m hinder menn senior (8:00.00/8:00.0)

5:51.7	(1)	Torgeir Markhus	(61)	Larvik/Lo	03.07.1983
6:03.35	(1)U	Kurt Roar Olsen	(65)	Helsingborg, SWE	10.07.1987
6:10.0	(7)	Roy Åge Thunestvedt	(55)	Stavanger/St	03.08.1974
6:14.1	(3)	Arne Bjørndal	(59)	Fana	17.06.1979
6:16.8	(1)J	Erik Iden	(69)	Voss	15.06.1986
6:17.46	(2)b	Andreas Vågen	(00)	Göteborg, SWE	01.07.2016
6:19.9	(4)	Steinar Daltveit	(58)	Fana	27.09.1977
6:21.19	(1)	Torgils Fossen	(70)	Haukås	03.08.1995
6:21.50	(4)b	Lars Nesbø Bakke	(89)	Byrkjelo	26.08.2006
6:25.6	(4)	Geir Arne Ivarsflaten	(59)	Fana	29.06.1976
		(10)			
6:28.0	(2)J	Tore Gatland Jacobsen	(69)	Voss	15.06.1986
6:32.76	()b	Åge Førland	(68)	Raufoss	08.09.1985
6:42.4	(5)J	Jan Ove Landøy	(69)	Voss	15.06.1986
6:54.10	(4)	Kåre Bjørn Voldsund	(68)	Fana	22.05.1985
7:18.0	(1)b	Roald Lie	(70)	Fana	03.05.1987
7:29.6		Trond Litsheim	(58)		.1973

3000m hinder menn senior (12:00.00/12:00.0)

9:08.3	(1)	Torgeir Markhus	(61)	Oslo/St	29.06.1983
9:27.5	(5)	Jonny Andersen	(75)	Fana	23.09.1994
9:31.0	(1)	Roy Åge Thunestvedt	(55)	Bergen/Kr	25.08.1974
9:31.35	(1)	Kurt Roar Olsen	(65)	Knarvik	21.06.1987
9:47.8	(4)	Hein Rune Skjoldal	(48)	Bergen/Kr	09.10.1972
9:48.6	(6)	Tor Vevle	(40)	Fana	10.10.1982
9:53.89	(3)	Torgils Fossen	(70)	Oslo/St	26.09.1997
9:57.97	(3)	Stig Amundsen	(70)	Fana	30.08.1992
10:05.62	(4)J	Andreas Vågen	(00)	Oslo/Bi	25.08.2018
10:11.2	(1)	Bright Strømmen	(59)	Knarvik	15.09.1993
		(10)			
10:15.54	(1)	Lars Nesbø Bakke	(89)	Fana	27.09.2006
10:20.0		Harry Tunestveit	(43)	Bergen/Kr	27.09.1969
10:40.4	(-)	Bjarne Nesse	(36)	Bergen/Kr	10.09.1964

Stevnerapport ikke mottatt av NFIF:

9:26.9	(6)	Roy Åge Thunestvedt	(55)	Spikkestad	.07.1979
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